



A Spiritually Empowered Way of Life • Positive, Practical Christianity

Fasting and Feasting - A 40-day Practice for Lent

The writing below aligns with Unity co-founder Charles Fillmore's thinking, and is called "Fasting and Feasting". It is attributed to William Arthur Ward, an American author, teacher, and pastor who lived from 1921 to 1994. It has been adapted for use in many Unity centers to explain and enhance a Lenten practice of fasting from negative thoughts and feasting on "Christ in you, your hope of glory."

I fast from judging others.
I feast on beholding the Christ in them.

I fast from negatives.
I feast on affirmatives.

I fast from emphasis on differences.
I feast on the oneness of all life.

I fast from hostility.
I feast on nonresistance.

I fast from apparent darkness.
I feast on the reality of light.

I fast from bitterness.
I feast on forgiveness.

I fast from thoughts of illness.
I feast on the healing power of God.

I fast from self-concern.
I feast on compassion for others.

I fast from words that pollute.
I feast on phrases that purify.

I fast from anxiety.
I feast on eternal Truth.

I fast from discontent.
I feast on gratitude.

I fast from discouragement.
I feast on hope.

I fast from anger.
I feast on patience.

I fast from facts that depress. I
feast on thoughts that uplift.

I fast from pessimism.
I feast on optimism.

I fast from suspicion.
I feast on Truth.

I fast from worry.
I feast on divine order.

I fast from shadows of sorrow.
I feast on the serenity of silence.

I fast from complaining.
I feast on appreciation.

I fast from problems that overwhelm.
I feast on the power of prayer.

And now in the silence of prayer, I rest.

God Is, You Are

By Martha Smock

Unity author Martha Smock (1913–1984) served as editor of Daily Word magazine for more than 35 years. The selection for this Lenten season has been adapted from her book, Listen, Beloved, first published in 1980.

God is love. You are one with love. Love fills your heart and blesses your life. God is power. You are one with power. Overcoming power, the power to do and be, is yours. God is peace. You are one with peace. Nothing can disturb or upset you. You are calm and serene. God is strength. You have strength of body, mind, and emotions, strength of soul. God is life. You are one with life. You feel the life of God flowing through you, a mighty healing, cleansing, renewing stream. God is substance. You are one with substance. From God comes a continuous outpouring of plenty for every need. God is light. You are one with light. Light shines in and through you. You see your way clearly. God is wisdom. You are one with wisdom. Your mind is illumined. You know what to do and you do it. God is good. You are one with God. You are one with all good.

I Fast From Judging Others

Author Unknown

The most powerful determinants of our life experiences are the stories we choose to tell ourselves. We decide who's a villain and who's a victim. We decide whether a plot is sinister or tragic. Spiritual mastery involves being conscious about the narratives we tell, then editing out those passages that deviate from Truth. How? Jesus advised removing the proverbial "log" from our own eyes first. Example: If I cast a coworker as a domineering bully, my job is to handle my own feelings of frustration or indignation and see the

situation more clearly. If I cast my neighbor as a gross slob, it's on me to release tension or anxiety that arises and be present to my own need for order. I also check for any areas of my life where I might be a bully or a slob! As we recognize the instances in which we're judging another's actions to be wrong or bad, we clear the slate of consciousness for a broader perspective to emerge. With practice, it's a perspective that is increasingly shaped by love and acceptance.

I Feast On Beholding The Christ In Others

By Rev. Kurt Condra

At the Mayo Clinic—acclaimed for its integrative approach to medicine—the Sisters of St. Francis teach the staff to treat every patient as if they were treating Jesus Christ. That's good advice for all of our relationships, but what about those whose Christ light is well-camouflaged? My late uncle was artful in his practice of seeing the best in everyone and everything. I once served him a steak so tough and overcooked it was hard to cut, let alone swallow. Unfazed, Uncle Bob choked down a bite and without a hint of irony declared, "Good flavor!" It's brilliant because it affirms a legitimate attribute without reference to deficiency.

Philippians 4:8 suggests the same formula: "Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things." No matter the appearance, every person whose path crosses ours presents us with a gift that's commendable and worthy of praise. We often find it pleasing. Sometimes what is just and pure may simply be a divine appointment to practice unconditional love. Like the doctors at the Mayo Clinic we, too, are called (and equipped) to treat others as if they were Jesus.

Resurrected Once Again

From the book *Into Me See – A Book for Daily Inspiration* by Karen S. Wylie, M.A.

Metaphysically, resurrection is the rising from a belief in death. For death is to the illusion alone and not to reality. God did not die. What happened was that man awoke to Life. -Ernest Holmes, *The Science of Mind*

The love within you is greater than any loss, any diagnosis, and greater than death itself. How many times have I died only to be born again out of the ashes of my disbelief? How many times has my precious God loved me through the tempests of my own doubt, fear, and feelings of unworthiness?

Yes, I am here, cleansed and standing again at the beginning of my life—more powerful, more loving, more giving, more aware of who I am and more aligned with the truth of my being. Here I am resurrected once again.

This is the story of our human incarnation on the planet. We continue to die daily and to be reborn again.

Surprisingly, yes, there is more to forgive, more to embrace about our own humanity and the humanity of our brothers and sisters who have chosen to walk with us, and always, always more love to express as it expands from the center of our being.

Our human incarnation is a holy walk when we choose to see it as such. It is a deliverance from the fears and doubts that may plague us in the beginning but which cannot withstand the onslaught of the all-encompassing love of God.

How grateful I am for my divine walk. How grateful I am for the love—beauty which has taken over my life. How grateful I am that throughout all of it, I have been so loved, so guided and so cared for. This is the promise for those who are courageous enough to stay the course. The expanded love you embrace with each resurrection never dies, and you are in love for the rest of your life. That is your Divine inheritance!

Affirmation



*Gratitude, focus and high
resolve birth transformation in
my life!*

*Every day I become a better
version of my true self!*

*I am constantly evolving into all
that God created me to be.*

Congregational Meeting

Sunday, March 29, 12:30 p.m.

Our annual meeting will be held Sunday, March 29 at 12:30 p.m. in the Sanctuary. Everyone who attends the church is welcome, but only current members may vote. For the meeting attendees, a light lunch will be served in Mary Kupferle Fellowship Hall following the 11 a.m. service.

The following board members have been nominated to serve consecutive second two-year terms on the Unity of Delray Beach board of directors, LeaAnne DeRigne and Harvey L. Brown Jr.

Board Candidates

LeaAnne DeRigne



Dr. LeaAnne DeRigne has been a member of Unity Church of Delray since 2010 and has served as the Unity of Delray Beach board secretary for the past two years. She has also performed usher and head usher duties for the 9:25 a.m. service over the past 7 years. Her husband, Rob Liebschutz, also serves as an usher for the 9:25 a.m. service. They have two children, daughter Ruby, and son Hobbes, both students in the church Sunday School. LeaAnne is committed to Unity principles and to the church, believing Unity of Delray Beach is a vital part of our community. She has served in leadership roles on many City of Delray Beach committees, is active in her neighborhood, and has led search committees at Florida Atlantic University.

She earned her PhD. (2006) and master's (1999) degrees from the Brown School of Social Work at Washington University in St. Louis, Missouri. Her BS degree is in Psychology from Missouri State University. She has been an associate professor at Florida Atlantic University since 2009. She worked as a lobbyist and policy analyst in Washington, DC and the Missouri State Capitol for 5 years following completion of her MSW. She is an avid reader, supporter of social justice and equality and loves to travel.

Harvey L. Brown. Jr.

Harvey was born in 1961 in Delray Beach to Harvey and Gayl Brown. He has two sisters, Susan Long and Anne Pugliese. Harvey and his wife Marilyn are Delray Beach residents. Harvey is a lifelong member of Unity of Delray Beach and currently serves as a platform speaker and occasional guest speaker.

He graduated from the University of Florida in 1983 with a B.A. in marketing. In late 1983, he joined the Harvey L. Brown Insurance Agency.

Harvey earned a law degree (J.D.) from Nova Southeastern University and has been a member of the Florida Bar since 2002. He is a former president and board member of the Delray Beach Public Library. He is also a former president of the board of the Delray Beach Playhouse. He has served as president of the Delray Beach Kiwanis and is a member of Delray Beach Rotary Club. He is the owner and president of the Harvey L. Brown Insurance Agency.



UNITY OF DELRAY BEACH CHURCH

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YouTube: <https://bit.ly/2UZVNks>

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Madaline Lawrence

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Head Ushers 9:25a Jackie McGee; **11a** Liz Shaw

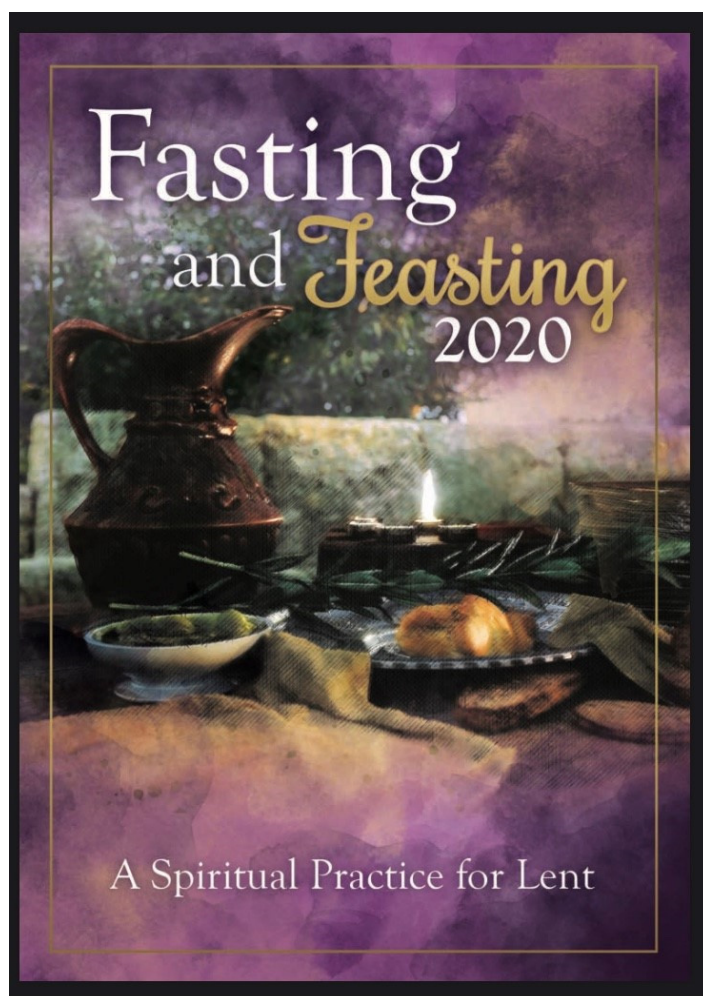
Social Media Coordinator Julie Platts

Public Relations/eBlast/Newsletter Editor Brenda Robinson

From the Bookstore!

By Julie Candia

A wonderful Lenten booklet published by Unity has excellent material on the Fasting and Feasting theme we have used in this issue of the newsletter. And...



You can find this inspirational publication in our Bookstore!

WEEKLY EVENTS

SUNDAYS

FAMILY WORSHIP SERVICE

9:25 a.m. Sanctuary

WORSHIP SERVICE

11 a.m. Sanctuary

SUNDAY SCHOOL

Unitots, Uniteens 9:25 a.m.

Various classrooms

INFANT CARE

9:25 & 11 a.m.

Prayer Room

YOUTH OF UNITY

11 a.m. N. of church office

FELLOWSHIP

Following 11 a.m. service

Mary Kupferle Fellowship Hall

TUESDAYS

PRAYER SERVICE

10 a.m. in the Prayer Room

WEDNESDAYS

EVENING MEDITATION SERVICE

6:30 p.m.

with Laurie Durgan

THURSDAYS

PROSPERITY COFFEE

7-8 a.m. in

Mary Kupferle Fellowship Hall.

Lessons in well-being, prosperity. Goodies, coffee, tea, with Charlene Wilkinson

PROSPERITY LUNCH

12:15-1:15 p.m. in

Mary Kupferle Fellowship Hall

Bring lunch; dessert and beverages served. Prosperity lessons with Dymin Dyer

SATURDAYS

CHAIR YOGA

Mary Kupferle Fellowship Hall

1 p.m. - Marge Smith

Creating with Spirit!

Mary Kupferle Fellowship Hall from 7 to 9 p.m.

PLEASE SIGN UP IN THE BOOKSTORE

or call 561-276-5796

so we have enough supplies for everyone

THURSDAY, MARCH 19TH

We will be making boxes by first creating a Unity Box as shown. There will be more for you to create from pictures you will color in coloring books and then make into a box.



THURSDAY APRIL 16TH



\$5 cost for supplies. We will work with alcohol ink and make coasters and switch plates.



Recovery Meetings

SUNDAY

CODA 6 p.m.

TUESDAY

Al-Anon 12-Step Study
7 p.m.

WEDNESDAY

AA – LGBTQ 7:30 p.m.

AA – Men's 8:00 p.m.

FRIDAY

AA Literature Speaker
7:30 p.m.

SATURDAY

CA(Cocaine Anonymous)
6-7pm
Big Book/Open Discussion;
For all 12-step affiliates

AA - 7:30 p.m.

MARCH & APRIL GUEST SPEAKERS

March 1 —Vernelle Nelson Topic: *"COMpassionate LOVE"*
Workshop: *COMpassionate LOVE*

March 8 —Lawrence Palmer Topic: *"Passion & Compassion"*
Workshop: *Credo, Cupido, Scio: I Believe, I Desire, I Know*

March 15— Diane Scribner-Clevenger
Topic: *"You Are God 's Living Enterprise"*
Workshop: *Being a Living Prayer*
Come be with us to lighten UP and deepen your ways of Practicing
The Presence...

March 22— Deborah Moss Topic: Will be announced

March 29— Eileen Patra Topic: *"The Power of a Comma"*
Book signing and a 1:30 to 3:30 Workshop:
From Walls to Bridges: An Empowerment Workshop

April 5— P a l m S u n d a y Speaker: Harvey Brown

April 12— Easter Speaker: Laurie Durgan

April 19— Juan del Hierro Topic: Will be announced

April 26— Cynthia Alice Anderson Topic: *"7 Spiritual Laws of Release"*
Workshop: *7 Spiritual Laws of Release*



Create a Legacy for Tomorrow

It is through your generous gifts that we are able to carry the Unity message of Truth. When you plan a gift to Unity of Delray Beach in your long-term estate or financial plans, you will help ensure that we will be here to carry out our ministry for many years to come. To find out more about how you can contribute to the Legacy Gift Program, please contact the church office at (561) 276-5796.

The Best Way! Pray. Forgive. Love.

By Laurie Durgan

The most wonderful way to live is to live like Jesus. Is there someone you need to forgive? Think about it for a minute. Have you felt angry, hurt or embarrassed because of something someone has said or done?

Your feelings are so important, and it's natural to feel sad and hurt when we are not treated with love and respect—when someone makes a mistake and chooses hurtful words or behavior. You might even think or say, “I’ll never forgive you,” but this only really hurts **you**. Forgiving someone doesn’t mean what was said or done is okay. Forgiving means that you choose **peace for you** and not anger. Forgiving means choosing **love for you** and not hurt. Forgiving means choosing **kindness for you**, not embarrassment. You see, forgiveness is **for you** to heal and to grow closer to God. God wants to help you forgive, so remember to pray and ask for God’s help.

This is one of the greatest things Jesus taught us: The more we forgive, the more love we

feel for God, for each other and for ourselves. What about you...do you need to forgive yourself for something you may have done or said to others or yourself? Sometimes we are unkind to ourselves with our words and our thoughts, believing that we are not good enough and saying we are “stupid or dumb.” **Forgive you!** When you are angry or upset with yourself you hide your beautiful light that is meant to SHINE!

Everyone makes mistakes; this is how we learn and grow. God loves you so much. That means God loves your successes and your mistakes because they are all a part of you.

The most wonderful way to celebrate the life of Jesus is to live like Jesus. **Pray. Forgive. Love.** And always remember this: You are a beautiful, amazing, miraculous, incredible child of God. Nothing can ever change that!!

Happy Easter!

Bunny Tail Trail Mix

- 2 cups popcorn
- 1 cup Cheerios cereal
- 1 cup mini pretzels
- 1 cup mini marshmallows
- 1 cup Mini Eggs
- 1 Tbsp sprinkles
- 3 oz. white chocolate

1. Mix all the ingredients except the white chocolate together in a bowl and pour onto a baking tray lined with parchment paper.
2. Melt the white chocolate and drizzle this on top of the mixture. Refrigerate for 30 minutes until the chocolate has hardened.
3. Break the mixture up and place it into bowls or bags.

Great for parties or an Easter surprise!

